



Cargo Human Care e.V.

December 2023

Dear Members and Friends of Cargo Human Care,

As the year draws to a close, here is a brief review of the past year from CHC's perspective, and a look ahead to 2024. We cannot save the entire world, but we have been able to continue expanding our projects this year and improving the lives of even more people in Kenya.

By the end of the year, our doctors will have treated over 40,000 cases together with the local team at the Medical Centre. Two additional, urgently needed consultation rooms are currently under construction and will relieve the burden on operations in 2024.

530 children have already been taught at the two schools we have built. By 2024, this figure will be well over 600. The third school will open in January; a secondary school for girls, right next to the primary school in Karare. Initially, 40 to 50 girls will be taught there and live in the boarding house. 26 girls and 19 boys have just passed their exams at the Wings Academy and will start their four-year secondary school programme in January.

Currently, 302 children and young people are successfully supported in school and vocational training through CHC sponsorships. The 45 children just mentioned will be added in 2024. If you would like to do even more, then perhaps follow Mother Theresa's motto: "If you can't help everyone, start with one". In other words: we need more sponsors.

Your manifold support makes it possible for us to change the lives of all these people for the better. Thank you for your faithful willingness to donate.

We wish you a happy Advent season.
On behalf of the entire Board of CHC
Yours

Fokko Doyen, President Cargo Human Care e.V.

Another sensational Office City Run result

By Fokko Doyen

The "Sport for CHC" association and CHC e.V. cheque handover is an annual highlight - and this year was no exception. A sensational EUR 135,057.85 was raised this year, through entry fees and donations at the event. The money is earmarked for the construction of the new secondary school for girls in Karare, and already covers half of the expected building costs.

Our thanks go to all participants, donors, and above all, to the tireless organisation team. Next year will be an anniversary run: in 2024, the run will take place for the tenth time - again live in Frankfurt and, virtually, all over the world.

from left: Uwe Schnier, Fokko Doyen, Gerhard Meyke, Ashwin Bhat, Christopher Biasch, Julia Schulze, Lorena Moccia



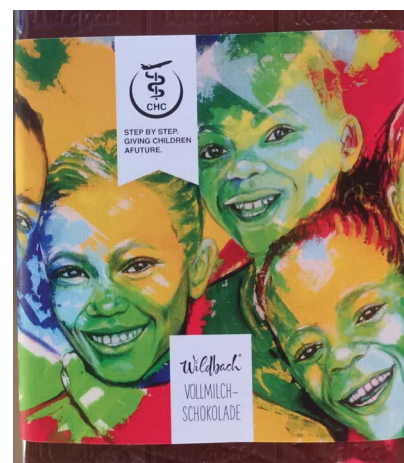
Merry Christmas and a happy New Year ★ *Merry Christmas and a happy New Year*

Doing good deeds with Chocolate – yes, that’s possible! Not just but also at Christmas

By Fokko Doyen

Enjoy exquisite chocolate in CHC design from Wildbach. Wildbach donates every cent of the proceeds directly to CHC, to finance our ongoing projects.

Click here to order directly: <https://www.wildbach-schokolade.de/cargo-human-care-spenden-schokolade/>



Wings Academy expansion in Karare. Construction of the Secondary School for Girls

By Gerhard Meyke

Unfortunately, not much has happened since our visit in October, during which we were able to see good progress on the construction of the new secondary school for girls in Karare - El Nino has the whole country in its grip. Not only is it almost impossible to mix mortar outdoors in the pouring rain, but the lorries that are supposed to deliver the materials are also unable to make any progress on the sodden ground. Even though El Nino is predicted to remain until December, Bishop Qampicha continues to believe that the main construction work can be completed in January 2024. The advantage of this strong rainy season is that the previously parched landscapes have turned a vibrant green and the countryside is flooded in many places. Almost all the rivers that were still barren four weeks ago, are now also carrying water again.

Another experience we have had are repeated and prolonged power cuts. This, however, confirms that our decision to install photovoltaic systems is the right way forward.



Large-scale flooding in northern Kenya



The small administration building for the school is to be built here

Expansion of the CHC Medical Centres

By Dr. Thomas Berger



The number of patients treated has continued to rise over the past two years. It is very likely that we will reach a record number of more than 40,000, this year. This high number has prompted the Kiambu County Health Department to ask us for more

toilets for patients at the Medical Centre. As part of this construction project, an extension to the outpatient clinic was also planned to include two consultation rooms. Those rooms are being built in lightweight construction and, thanks to the short building period, should be ready for use at the beginning of 2024.





Merry Christmas and a happy New Year ★ *Merry Christmas and a happy New Year*

Second JKR Alumni Event / Annual meeting of former students

By Arno Pfeifer



Maintain friendships, exchange experiences, share information and, of course, have lots of fun. That was the focus of the second Alumni event, which took place on 14 October 2023 at the John Kaheni Residence in Kiambu. It was an intense and insightful event for everyone involved.

When former JKR students from a total of eight years now, come together to discuss their experiences and everyday challenges with us, there is a lot of food for thought and the one or other problem that is better solved "in a hive" than alone.

It is impressive to see how the young people from back then have grown into the

adults of today, carving their own way and bravely taking on the demands that Kenyan life places on them.

We heard stories of professional success and family happiness. We also heard about tragic events and professional setbacks because life in Kenya has many surprises in store. A line by Forrest Gump from the film of the same name, probably sums it up best: "Life is like a box of chocolates. You never know what you're gonna get." That holds true for the positive as well as the negative.

We were particularly pleased with a comment many of our alumni made: "Without the good training that we all received, and thanks to the support of the teams from JKR and MMH, the day-to-day challenges would be much harder to cope with and often barely bearable". That statement encourages us all to continue on our chosen path and accompany the young people of the JKR for a while on their journey into life.



Aeroplane models auction for the benefit of Cargo Human Care

By Fokko Doyen



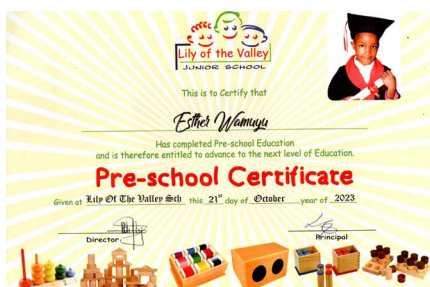
A campaign will run on eBay from 30 November to 10 December. This will be a treat for all aviation fans, since it contains aircraft models in different scale versions, old and new types, and various airlines. All models have been made available to us free of charge by CHC members and fans, and all proceeds will go towards our projects. Here is the link to the auction page: <https://www.ebay.de/usr/cargohumancare>



Graduation ceremony even for the very little ones at MMH

By Franka Doyen

On October 21, four MMH children graduated from kindergarten at Lily of the Valley School. For this they received certificates like the big ones, which they accepted with pride. Afterwards there was a small celebration. From January 2024 they will attend primary school there.



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